

The City of Mountain View Public Library
presents

Chasing Happiness: What is Laughter Yoga?



Recent studies point to happiness as being more of an attitude choice than the result of the circumstances of our lives!

Laughter Yoga is a growing movement where you can laugh your way to reduced stress levels and cultivate more resilience to life's biggest challenges.

Join Tracey Firestone, Rebel Librarian and certified Laughter Yoga Leader, for a discussion of happiness and a Laughter Yoga demonstration.

No prior yoga experience is necessary, but comfortable clothing and a sense of humor will help.

Saturday, December 10, 2:00 pm

Mountain View Public Library Community Room

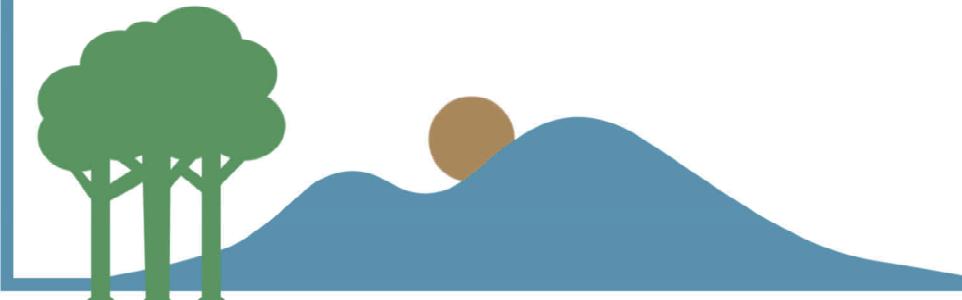
585 Franklin St.

Mountain View, CA 94041

650 903 6337

No RSVP needed * Walk-ins welcome

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